



Program Schedule July 2– July 7, 2012 Roan Mountain State Park



Tuesday, July 3

- 8:30 AM **Balds Hike-** Come explore this uniquely beautiful environment! This moderate hike will be 3 miles total and have an elevation gain of around 320 feet. We'll begin at Carver's Gap and hike the Appalachian Trail up to Jane's Bald where we'll stop for a snack. Then we'll return the same way we came up. Please pack snacks, a jacket, water, and wear sturdy shoes. Sunscreen is recommended. We will carpool, meet Meg at Park Headquarters.
- 2:45 PM **Fire Starting-** Sometimes, campfires aren't just for fun... they're downright essential, and may even save your life! Come learn several different techniques to start a fire and keep it going. Meet Ranger Josh at the Campground Fire Ring.
- 5:00 PM **Slithering Snakes-** Meet and greet some of the park's reptile residents, and learn the truth about these often misunderstood creatures. Meet Brian at the Visitors' Center.

Wednesday, July 4

- 9:00 AM **She's a Grand Old Flag-** Celebrate Independence Day with retired Army Colonel Pat Gagan (also our Park Superintendent) as he shares some of the traditions and symbols behind our nation's beloved flag. Meet Ranger Pat at Campground Check-In.
- 10:00 AM **Blue 2 Morning Hike-** Work up an appetite for lunch as you hike this beautiful and peaceful trail and learn about some of the local flora. Please wear sturdy shoes for this moderate hike. Meet Brian at the Blue 2 trail head.
- 11:00 AM **Cloudland Community Dulcimer Circle-** Try your hand at playing a dulcimer. Opens with beginner instruction. Come enjoy food, fun, and fellowship at this outdoor "jam session." Meet at Picnic Shelter 1.

Thursday, July 5

- 8:30 AM **Morning Yoga-** Awaken your senses and enjoy nature! We'll prepare our minds and bodies for the day with some gentle stretches and relaxation exercises, while taking the time to contemplate the beauty of Roan Mountain State Park. Wear comfortable, loose fitting clothing and bring a mat or towel. Great for beginners! Meet Meg at the Amphitheater.
- 10:00 AM **Tree ID Walk-** Learn to identify some common trees as we take an easy walk out of the campground. Come discover just how diverse and important our trees are in the Southern Appalachian forests, and maybe learn a bit about the trees in your own backyard! Meet Meg at Campground Check-In.
- 11:00 AM **Peg Leg Mine Hike-** This trail leads back from the old grist mill over an iron ore vein to a mine. Come learn about the history of the mine and the importance of this vein to the development of Roan Mountain. Meet Brian at the Visitors' Center.
- 1:00 PM **Horseshoe Heaven-** Learn about the history and rules of horseshoes. You will be pitching ringers in no time! Meet Brian at the Campground Horseshoe Pit.
- 4:00 PM **Native American Weapons-** Come learn about the weapons Native Americans used to survive and have a chance to try one out. Meet Brian at the Campground Fire Ring.
- 6:00 PM **Clogging Lessons!-** Think you can't dance? Give this old-time shuffle a try! You'll have fun, get some exercise, and participate in an age-old cultural tradition of the Mountain South. Please wear or bring socks. Meet Meg at the Amphitheater.

Friday, July 6

- 9:00 AM **RipN'Lip: Doe River Angling-** Come out and learn about some native fish in the Doe River, and what you can do to help ensure that they remain for generations to come. Then try your luck at catching a Doe River trout. Catch and Release! Remember, participants who are 13 and older are required to have a Tennessee fishing license and trout stamp. *** ATTENDANCE LIMITED TO 8, PLEASE REGISTER WITH SIGN-UP SHEET AT CAMPGROUND CHECK-IN.*** Meet Brian at the Visitor's Center.

- 11:00 AM **Cloudland Nature Hike-** You don't want to miss this beautiful trail! Green and lush, this diverse mountain path winds its way along the Doe River and then back into the forest. Meet Brian at the Visitors' Center.
- 1:30 PM **WHOOOOO Likes Owls?-** Young children will enjoy making an owl craft to take home while learning some fun facts about these neat nocturnal fliers. Come rain or shine! Meet Meg at Shelter 3 (Campground Pavilion).
- 3:00 PM **Creek Walk-**Come cool off in the Doe River as we learn about stream ecology and discover some aquatic life forms in their natural habitat. You may be surprised at what we find!
Wear closed toed shoes and be prepared to get in the water. Meet Brian at Campground Check-In.
- 6:30 PM **Corn Husk Dolls-** Connect with the ways of the past as we learn about the heritage of this old-timey craft. Then make your own doll-- just like those of the early settlers and Native Americans of Roan Mountain! Meet Meg at Shelter 3 (Campground Pavilion).
- 9:00 PM **Movie Night-** Spend your Friday night at the "Campground Cinema" (aka Shelter 3). We'll be showing a fun, family-friendly flick AND providing fresh, hot popcorn! Don't miss it! Meet Meg at Shelter 3.

Saturday, July 7

- 9:00 AM **Wake-Up Hike-** Don't sleep in and miss out on the beauty of a Roan Mountain morning! Get your blood pumping and wake up with some fresh air as we take a moderate hike on the Raven Rock trail, 1 mile total distance. Please wear sturdy, closed toed shoes. Meet Brian at Campground Check-In.
- 11:00 AM **Land Navigation: Map and Compass-** A map and compass have long been used to help people find their way. Meet Brian at Shelter 3 to learn how to use some tools that could someday help save your life.
- 11:30 AM **Lunch at the Farmstead-** Take a trip back in time as we tour this 100-year old farmhouse-- an authentic piece of Roan Mountain history! Pack a lunch with you and relax after the tour as we picnic in the cool shade of the "holler." Then stick around for more fun programs to follow. Meet Meg at the Miller Farmstead.
- 1:00 PM **Old-Time Games-** Before TV and video games, kids played all sorts of inventive and imaginative games to entertain themselves. Kids of all ages will enjoy these active amusements, while learning about our cultural history and getting some exercise, too! Meet Meg at the Miller Farmstead.
- 7:00 PM **Art and Cathy-** This musical duo from Ripshin Ridge is sure to entertain as they sing and play a variety of different instruments including dulcimer, autoharp, banjo and more! At the Park Amphitheater until 8:00 PM. (Moved to Shelter 3 in case of inclement weather.)
- 9:00 PM **Campground Campfire-** Relax around the fire with riddles, legends, stories, and s'mores! Meet Meg at the Campground Fire Ring.



***** General Announcements*****

- Programs are free of charge.
- Programs are for all ages unless otherwise noted.
- For all hikes: Please wear sturdy, closed-toe walking shoes and bring drinking water.
- In case of inclement weather, live music/entertainment will be held at Shelter 3.

Enjoy yourselves at Roan Mountain State Park this summer!

